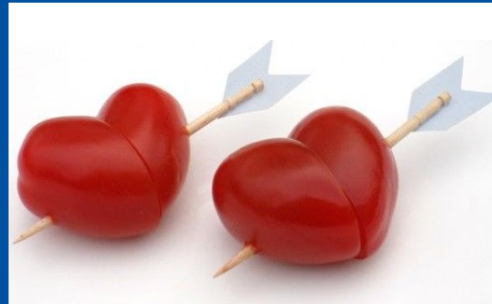


# Healthy Schools Healthy Students



Cherry Tomato Hearts

## Pinterest Idea of the Month!



Looking for some great ideas? [Click here](#) for ideas like a heart healthy exercise board, teacher heart attack and red smoothies.

February is a time to celebrate the ones we love, but don't forget to give your own heart some extra love during American Heart Month. Heart disease is the leading cause of death for both men and women. Your heart is the key to your health today and tomorrow. Know our heart health numbers (blood pressure, cholesterol, and glucose levels) and what they mean. Healthy food choices and an active lifestyle can have a big impact!



## Smart Snacks and School Fundraisers

No more frozen pizza sales? No more cookie dough? No more Thin Mints®\* cookies?

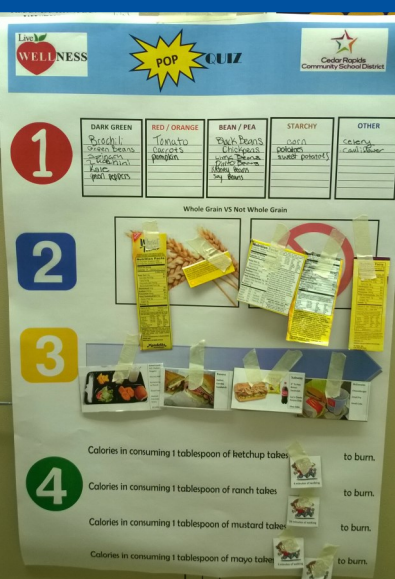
Not necessarily. All fundraising activities that take place outside of school are exempt from Smart Snack Standards.

Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards and can be sold during the school day. For example, boxes of preordered Girl Scout cookies intended for consumption at home would not be subject to the standards. [Click here.](#)



## Iowa Ag Today - Have You Seen It?

The Iowa Agriculture Literacy Foundation recently distributed printed copies of their first edition of Iowa Ag Today to all elementary schools. The publication is targeted at the 4th and 5th grade level, however schools can determine what grade it would work best with. If you are interested in additional copies, please e-mail [info@iowaagliteracy.org](mailto:info@iowaagliteracy.org). There are a limited number left. Please take advantage of this great resource! [Click here.](#)



## Parent and Student Nutrition Class

Cedar Rapids CSD Food Service Director, Suzy Ketelsen, worked with her assistant, Amanda Brown and Diane Duncan-Goldsmith from the Academy of Nutrition and Dietetics to hold a nutrition class at Taft Middle School during the school day where parents were invited to attend with their child. The class provided parents and students the opportunity to learn about the school meal nutrition standards, taste test some new menu items and give feedback on school meals. Some of the items featured included whole grain pizza and sweet potato salad. The class provided a great platform to discuss school meals and they plan to utilize the feedback by incorporating popular items taste tested into the menu. For more information: [sketelsen@cr.k12.ia.us](mailto:sketelsen@cr.k12.ia.us)

## Vegetable Anarchy

Molly Schintler is currently serving as a FoodCorps member with the Northeast Iowa Food and Fitness Initiative. As a service member she works with K-12 graders teaching nutrition and garden education. She has written a blog about her experience teaching and how her goal to “change the world” in one school year has faced many moments of defeat. For anyone that has a passion for child wellness, take a minute to read her blog, “[Vegetable Anarchy](#).” It provides a refreshing perspective on moving in the right direction!

*“Don’t judge each day by the harvest you reap but by the seeds that you plant.”*

*Robert Louis Stevenson*



## Indianola Community Youth Foundation

Indianola Community Youth Foundation created banners to promote healthy eating habits and good character.

The banners are rotated through the elementary school buildings and feature seniors who were nominated by their coaches as individuals who demonstrate excellent leadership skills and are great teammates. What an easy and cool idea! Other ideas include featuring members of band, choir, FFA, debate, student council and even teachers!

[Click here](#)



## Upcoming Webinar Opportunities!

### Let's Get Physical! - Feb. 18 - 3:30-4:30

Engage brains with physical activity. Learn ideas for increasing physical activity for students before, during and after school. There is a growing body of evidence indicating that physical activity and fitness benefit BOTH health and academic achievement. This webinar will give examples and ideas for promoting physical activity opportunities. [Click here to register!](#)

### Fresh Conversations - Feb. 25 - 2:00-3:00

Need a refresher on topics related to school breakfast, lunch, Smart Snacks and your Wellness Policy? This webinar is a great opportunity to learn more about recent memos, hear some fresh ideas to try at your school, and a convenient time to ask questions. [Click here to register!](#)



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